

**KITCHEN  
BEAUTICIAN  
BEAUTY & HAIR**

**MEET THE  
HAIRFAIRYGODMOTHA**  
**Leah Nichols**  
New Orleans Hair Slayer

**DR GABY**  
Tips on the day-to-day care  
of low and high porosity hair

**LOVE YOUR BEAUTY**  
How to embrace your beauty at any age

**5 DO'S AND DON'TS  
OF TAKING CARE OF  
YOUR HAIR AT HOME**

**Loctician Speaks  
with Dr Knight**

**Exclusive  
Product of the month!**



*Fair Woman  
History*

MARCH WOMANS  
MONTH

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# How to embrace your beauty at any age

## MUA EDITION

A world where there is so many rules, we are choosing to break the norms. Woman who have reached a certain age are told to grow old gracefully and quietly. This month were encouraging these woman to be FEARLESS, BOLD and BRIGHT.!

Hydrate, Hydrate, Hydrate! Before anything, skin prep is a must. Grab your your favorite moisturizer and primer to achieve a flawless base for your foundation application. There are many options as far as foundation. Cream provides more coverage but can be heavy on the skin. A BB cream is light weight and provides a skin like finish. Pressed powder can be light but if multiple layers are applied it can give medium coverage. Add a little blush to your cheeks. Some gloss on your lips and you're ready for a fun night on the town!

Making the eyes dazzle with a little pop of color is the perfect way to show off this spring. Lining the lash line with liquid or gel liner will also help define the lashes. Add a few coats of mascara and your eyes are instantly flirty. If you're a woman who dares for a little spice add a natural strip lash or individual lashes.

*Destinee Higgins*



Here we have 55 year old Jay sporting a bold Blue eye for her spring birthday!

# Kinky Hair Culture

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# Leah Nichols New Orleans Hair Player

1. What is one hair moment that has always stuck with you?

When I discovered that I could lift my hair with peroxide (not developer) at the age of 12. Hair is nothing but experiments, and I was my own guinea pig.

2. What is one hairstyle that you work constantly on until you perfected it?

The claw wrap. Short hair is my fave! You have to have much personality to be creative, in my opinion.

3. What is the biggest lesson you learn in the hair industry?

Be kind to everyone, but trust no one. The industry can be and is grimy and cutthroat. I had to grow tough skin to maintain. One is constantly criticized, and looked at through a microscope. I learned to be okay with being ME.

4. What separates you from all the others in the hair world?

Character-who I am as an individual.  
Integrity-who I am to myself and other when no one's looking.  
Respect and being trustworthy goes hand in hand. I am a firm believer that those two things will take you far.



5. What are some of the things that you specialize in?

Number 1! HEALTHY HAIR! Next, treatments, hair color, hair cutting, extensions.

6. What effect did black hair have on you that you decided to make it a career?

The fact that black hair can be molded and hold any style that it's manipulated into. They're so many myths about how ethnic hair can't be styled, or wouldn't last, and I have managed to kill every one that I've heard.



7. What is one hairstyle that you work constantly on until you perfected it?

The barrell/pin curl ponytail. It showcased my skill, creativity, and personality. This particular style is a statement: a conversational piece, and I had to get it right.

8. Why is there a battle between the styles and customer?

Lack of communication, understanding, and egos. Most listen to respond, and not to understand. That's on both sides. We all may not be adults, but are all human, so respect is key. Respect the stylist enough to know that they have the client's best interest at heart to fulfill and carry out the vision, and respect the client enough to know that the level of trust they are placing into the stylist to not only bring the vision to pass, but actually care about what and how they are doing it to achieve the vision.

9. How do you think as a community we can take the Hair industry back?

Put our egos aside and learn from each other. Place respect back in the industry. We all can learn from each other, nothing is outdated, and history repeats itself. We have to know that it's okay to modify and bring something new to the table, and to go back to the basics when needed.

10. What is the biggest decision you have made in the hair industry?

Retiring. I have been in the workforce, however I have been in the hair industry for a really long time. Hair is basically my life. I had to bow out gracefully for the moment, but hair will always be my first love.



THE COMPLETE  
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# TIPS ON THE DAY-TO-DAY CARE OF LOW AND HIGH POROSITY HAIR

MARCH EDITION



**DR GABY**

## High porosity hair

Not all shampoos will make hair feel hydrated and moisturized. High porosity curly hair gets dry easily because moisture escapes more readily through the raised cuticle layer. Using a shampoo that provides a lot of moisture and is not drying is crucial. For this reason, many high porosity curly girls avoid sulfated shampoos. Instead, a shampoo with olefin sulfonate provides a good cleanse and does not dry out the hair as much as a shampoo with sulfates. But it should be used infrequently to prevent drying.

This hair type does not need to use heat when deep conditioning as the cuticle layer is already raised (or damaged) and heat will only dry out the moisture it craves. Because the cuticle layer is porous, high porosity hair soaks up moisture but does not retain it as it has lost the ability to seal it in. The gaps in the cuticles allow essential proteins and hydrating oils to be easily absorbed (compared to lower porosity hair that will often block or keep them out). A pre-shampoo treatment or mask with dense nutrients and oils (such as coconut oil) can help with dryness that can result from the shampoo step.

High porosity hair can look even more dry and frizzy if heat styling tools are used on too high a heat coupled with not using a heat protectant prior to styling.

To keep the ends healthy, and avoid split, dull, or dry ends, high porosity hair needs regular trims.

### Low porosity hair

Low porosity curly girls have healthy hair with a strong, tight cuticle layer. They need to be careful not to use products with a lot of heavy oils and butters that just sit on top of the hair. Instead, water soluble products may be a better option. This hair type can use cleaning shampoos with olefin sulfonate more frequently to remove product build up. The use of apple cider vinegar rinses is also beneficial.

To get moisture into the hair shaft, low porosity curly girls should use heat with a mask or deep conditioner. This will allow products to penetrate more effectively into the hair shaft. Washing with warm water will also allow better hydration into the hair shaft.

Hair steaming is a trendy new treatment that helps lift the hair cuticles to allow moisture to penetrate the hair. This can be beneficial for low porosity hair to allow the benefits of a deep conditioner, an oil treatment, or a mask. However, be careful with steam heat as it has the ability to turn gray hair yellow!

### Protein

Products with protein can strengthen and repair the hair cuticle. Larger proteins typically sit on top of the cuticle layer to repair gaps and damage, whereas smaller (hydrolyzed) proteins and amino acids are able to penetrate the hair shaft and repair the hair from within. High porosity hair typically needs protein every wash day in their wash products and stylers, especially if the hair strands are thin, or if the hair was chemically processed. Because hair and the cuticle layer are made of protein (keratin), and low porosity hair has a lot of it, this hair type is protein-sensitive. Meaning it does not need much added protein because the cuticle layer is intact, pristine, and tightly packed together. Adding protein to low porosity hair can cause this hair type to become stiff and fragile, and therefore more prone to breakage. Protein products with only hydrolyzed proteins and amino acids (such as a deep conditioner) are ideal for our low porosity curly girls because that typically adds enough protein without the sensitivity. But only one product with protein is sufficient and if not each wash day, every other wash day or once a month, depending on the hair strength. The healthier the hair, the less frequent one wants or needs to use protein-containing products.

### For both hair types at night

Cotton pillowcases pull moisture from the hair. To keep the hair free from tangles, rubbing, and retain moisture, using a buff, bonnet, cap, tube, scarf, or silk scrunchy (to name a few) during sleep is important. This can be paired with a silk pillowcase (or used alone) as not everyone has hair long enough to put up or pin up.

Product of the month:

The Emerald Dream Hair Care set

<https://www.twinnationfamily.com>





## LOCTICIAN SPEAKS

# WHAT DOES YOUR LOCS SAY ABOUT YOU.....



By Dr Knight



Ever seen a mane of Locks and found yourself staring and wondering or marveling at the we What does your locks say about you..... are while having thoughts of beauty, mystic, or idle thoughts such as..... How did you do that, how long did it take them to grow, how often do you wash them, are they permanent, will mine do that, do you wash them, or whatever your thoughts might be .... there are some type of interest and intrigue surrounding "Hair locking" aka Permanent braiding. Makes no matter how or when you see them, they cause/call for attention! Let's stop for a moment and explore the word Lock, what are they? How does seemingly good hair Lock and why might one choose to Lock? Locks is not a new look. The term Lock goes back to biblical days where you read about Sampson having 7 on his head. He was characterized by being strong and because of that many people that endure the process of locking feel that same type of strength.

If you want to search you can look at Numbers 6:5

.... and shall let the locks of the hair of his head grow." Just for one reference there are a few more if you seek.

So as I've learned in my 25 year journey, Locks are more than a hairstyle it is a journey, "a journey into self discovery" as stated by my mentor, Locktician, Dianne Bailey. It is not a fad! Locks is a process whereby the hair makes a physical change to the shaft but not at the root. With cultivation (the process of Locking): The Retwist, a process whereby the hair that sheds daily on an average of 75-125 strands is brought down the shaft into a cylindrical knot (the base 3/4 the way down the shaft created by hair twisted previously), the hair at the root twisted clockwise then left to dry, thus producing a hydrogen bond (Lock). The hair should be left untouched once set in order to wait for hair to be shed. The Lock should be left for at least two weeks and not more than 4 weeks and then retwisted again. This process yields a look of meshed and knotted hair until they solidify. Since the nature of our hair is overly curly, it will matte and Lock even if a procedure is not followed: Freeform, was popularized by Bob Marley and was the look that gained a negative stigma, "dreadful"! He was thrown lemons and graciously made Lemonade and just like that "Dreadlocks" were born. It became a phenomenon, The "knotty Dreadlock" Today, people leave off the most important aspect, Lock and just say "Dreads". But Dreads is a term of endearment reserved for the Rastafarians and is apart of their legacy, culture, and way of life of living off the land. A beautiful way of life and the Locks fall into place just as the trees and the grass grows however, our culture cultivates Locks. Contrary to popular belief there is nothing "Dreadful" about a head of Locks cultivated or Freeform unless they are twisted too tight, breaking off, dry or neglected!.....what does your Locks say about you?

Join us next month for another conversation about Locs

Send any comments, questions and concerns to NUWBNS Queen @nuwbnsclinic@gmail.com

Thank you for reading,

Dr. Locktician, the NUWBNS Queen

Certified Locktician



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# Kitchen Beauticians



# HAIR LAB : LEARN FROM MY MISTAKE FIVE DO'S AND DON'TS



BY ALICIA (TWINNATION)

If anyone knows how mess up and traumatize their hair back in the day was me! I honestly think I was meant to make all these hair mistakes to help the world. In my teenage years and my early 20s, I was trying to discover what I wanted out of my hair journey. I went through so many trends and hair tips that I was putting my hair shock.

Like I even remember the time that my ponytail fell off my head in the middle of the cafeteria. My best friend Khara had to save me in the bathroom. I remember taking my sew-in down one time and I cut a whole hair section out of my head. my best friend Khara save me again! After she cussed me out for hour. it took a lot of time for that spot to grow. But I can also say when you are on your hair journey, you need a best friend like mine.

So let me tell you five things you don't need to do :

1. When taking down a hairstyle, you need to take your time. Never rush when you have scissors in your hand. Also, it might be best to go get someone else to help you take that hairstyle down.
2. Do not follow every single trend. Every new hairstyle that comes out is not meant for every type of texture of hair. I learned that the hard way and damage my hair so much.
3. stop putting your hair in high ponytails. This is something that was really hard for me. I always used to do the rooster ponytail. But a lot of the times it leads to alopecia and causing your hair to break.

**4. Stop expecting a random person to know about your hair more than you. It's your hair take responsibility and find out what it's needs.**

**5. Do not overwhelm your hair with product. No matter what works on your friends hair will not always work on your hair. Do not overwhelm your hair with product. No matter what works on your friends hair will not always work on your hair. Stop believing that you need a protein.**

**Like I even remember the time that my ponytail fell off my head in the middle of the cafeteria. My best friend Khara had to save me in the bathroom. I remember taking my sew-in down one time and I cut a whole hair section out of my head. my best friend Khara save me again! After she cussed me out for hour. it took a lot of time for that spot to grow. But I can also say when you are on your hair journey, you need a best friend like mine.**

**Here are five things you should do when it comes to your hair:**

**1. You have to start building a relationship with your hair and understanding what it needs to grow. You have to do research to have a healthy relationship with your hair. my favorite question to ask my customers is if you're here and you would go on a date. Would your hair kiss you at the end of the night?**

**2. No matter how great you are at doing your hair. Go get a check-up and see a professional. A second pair of eyes on your scalp can save your scalp.**

**3. Learn about low resistant hairstyles. It will save you a lot of stress and breakage.**

**4. Say Hair Affirmations. Get five good hair affirmations to say to yourself. Get rid of that hair crush. Sometimes having a hair crush can be a really toxic relationship. Because not everybody here looks the same.**

**5. Get yourself a hair regimen. The first level hair regimen is L.O.C. liquid, oil, and cream. having a hair regimen saves you a lot of headaches.**

**So learn from my mistakes in my bald spots. Be gentle and kind and understanding to your hair. Treat your hair like a bougie rose, and then it will grow!**

HAVING THE  
NEEDED  
CONVERSATION!



Host

Alicia Wilson

# HAIR TALK

CLOSING THE GAP IN BLACK HAIR





## **5 Benefits of Being Intentional**

### **By Jade the Blade**

**Have you ever wondered how so many people you see in television, magazines, movies etc, are able to achieve their life's dream, purpose, and goals. Some might even say that these individuals were lucky, being in the right place at the right time. Although, that may seem to be the sweeter way we may want to think it happens, but that will only create in us the "should've, could've, would've" melodious song that we dread to hear.**

**Do you really want to know the real reasons behind the successful lives of the Les Browns's, the Oprah's, the Trump's and so many more top finessers leading our industry and why they are able to do and accomplished what they have so far? Well, lean in very closely (I want to whisper these sweet words in your ear)Are you listening? My mother once told me "the softest sound makes the biggest noise." Are you ready? The secret to achieving your dreams is.....Be Intentional. People around you have achieved their dreams and their success and living life on their terms because the were directly INTENTIONAL.**

**So let's look at the 5 blessings you'll receive by being intentional. Now, you're not limited to just five, yet, I believe by narrowing the focus to just a few benefits, it will be more effective in igniting the fire for you to immediately start living an intentional life.**

**But first what does it mean to be intentional? To put it simply it means you have clear purpose and are intentional about taking actions on the thoughts and feelings that are important. When you have an intentional focus you choose to live and create a life that is clear, meaningful and exciting to you.**

**1. The first benefit of being intentional , it allow you to be deliberate with your day! It helps you to understand and see your bigger vision. It directs your mind and navigates your actions to help you achieve it. It helps to develop a strong mindset. When you have a grater purpose and direction you'll know how and where to invest your time, attention and efforts which increases creativity and productivity.**

**2. The second benefit:** By being intentional to all of your endeavors , will give you the necessary clarity in what it is you want, therefore allowing you to know when and where to place your much needed time and focus. You're less likely to allow unnecessary and meaningless distractions to interfere with the plans to have set forth. Seeing what your life looks like once you've achieved your goals increase your confidence and ensures your constant feeling of motivation.

**3. The third benefit:** Intentional people appreciate more and practice more gratitude for the things that matter most in their life. You begin to set better boundaries around your time and the areas of your life that is important. Set a side time for self care in the process and plan around your energy levels. (Our next edition we'll talk about how to raise your vibration /energy). By starting and ending each day with an attitude of gratitude will ensure you end each day feeling proud of what you have achieved.

**4. The fourth benefit.** Super hero laser focused. Become focused on your goals allows you to align your purpose and vision with an action plan to achieve them gaining the best possible results you want to achieve upfront. This also give you direction and focus. Become mindful of your relationships. Being intentional increases the value of the most important relationships and bring deeper meaning to them. When you take the time to understand why a relationship is important, you feel happier and more joyful.

**5. The fifth benefit:** When you are intentional, you focus on an abundance mindset. An abundance mindset refers to the belief that there is plenty of everything for everyone in the world. By developing an abundance mindset , it impacts your personal and professional success. It builds positive habits and increases creativity and happiness. This mindsets builds a sense of gratitude and appreciation of everything a person have in their life. When you have an abundance mindset you feel clear, confident, and capable, motivated, happy. When you operate with the opposite of abundance which is a scarcity mindset ( fear of the unknown) you'll make decisions that are detrimental to achieving the life you want. In fact that opposing mindset is the #1 top reason many do not achieve it is what they are wanting. With an abundance mentality you focus on the unlimited possibilities available for positive growth and development.

Being purposeful and deliberate build a positive and confident mindset. It allows you to become more present in the moment while impressing clear and meaningful direction in your mind's eye. Take focused action everyday towards achieving the things that matter most. Be Intentional on purpose!



MOBIS

2023

*12 Months*  
Without a Comb

Celebrating the Gift:  
Nothing dreadful about  
my Locks

